



Caring for Yourself For people who care

MS Australia—ACT/NSW/VIC

The Program

Do you take better care of the person you are caring for than yourself?

If the answer is yes, you are invited to this workshop where we will explore why your health and wellbeing are important. We will also discuss and share strategies to help you care for yourself.

A free program led by a Carers Victoria Community Educator

When and Where

Wednesday 10 March
10.30am—12 .30pm

Footscray MS Centre
398 Barkly Street
Footscray

Street Parking
Easy walk from West Footscray
Railway Station

Tuesday 20 April
10.30am—12 .30pm

The Nerve Centre
54 Railway Road
Blackburn

Parking via Solwood Lane
Easy walk from Blackburn Rail-
way Station

Full respite is available for your peace of mind, simply call to discuss

How to Register

Contact Andrea Salmon

Ph: (03) 9845 2765

Email: educationvic@msaustralia.org.au

*No Cost Interpreters available upon request
Programs will only run if we have sufficient registrations,
therefore registration is essential.*

Registrations close one week prior to the program

*MS Australia - ACT/NSW/VIC is committed to promoting equal access to all its events
and will not deny participation due to financial hardship. Please contact Andrea
Salmon to discuss.*

